



# A World More Beautiful



*I open my heart  
I am enough  
I am vital and connected  
I change  
I seek to live truth*

*We are worthy  
We are divine  
The world is beautiful*



Greetings Beautiful Person, I created A World More Beautiful for you. In meetings, in the streets—comrades, friends, and community are tired. Everything is being asked of us emotionally, physically and spirituality in this political moment.

On top of that, in changemaking work we face daily triggers and challenges, inside and out, doubt, fear, anxiety, overwhelm, trauma and more. There is often little space for care and love to hold us in these processes.

With the urgency of this moment, inside the chaos of our world, hopelessness, burnout, stress and anxiety remain front and center.

*We can never do enough.  
We can never be enough.  
We yearn for a world more beautiful.*

Our personal histories constantly show up in our changemaking work no matter how long ago they occurred. We live in a society where we are taught to present in a “very together” kind of way. Take care of yourself, love yourself, be confident we are told and yet there is little that shows us how to do those things.

We need communities of support; we need connection to ourselves that I believe happens with healing and spiritual practice. We need something beyond a direction, “take care.” Because then if we don’t know how to “take care” we feel pretty down on ourselves for not being able to.

I have been working for almost two decades with changemakers. I have found that too many of us feel isolated, burnout, and overwhelmed. We are unable to process traumas because we simply do not have the tools or support we desperately need. I created this program as a tool and support for you. I believe that we have everything we need inside and around us. Many of us carry within a history of pain and self-doubt. In order to re-pattern behaviors and habits that do not serve us, we must go deep within and make healing practices a priority. Additionally, we must reach out to strengthen our communities of care and support.

This is one step in a life long journey that you have said, “yes” to. This is by no means a substitution for a therapist, coach, yoga teacher, healer or spiritual counselor. I encourage you to seek a personal guide if you do not already have one.

Please use this guidebook with love and respect. The human mind, body, and heart are complicated and glorious. Please be mindful and cautious as you move through this; sometimes a question or reflection may unearth a forgotten pain or celebration. Be patient, be kind and take as many pauses as you need. Healing is a journey, not a quick fix. Enjoy the path into yourself.

With Love,

*“I don’t pay attention to the  
world ending.  
it has ended for me  
many times  
and began again in the morning.”*

-nayyirah waheed

*“My body is not an apology.”*

-Sonya Renee Taylor

*“In every age, no matter how cruel the oppression carried on by those  
in power, there have been those who have struggled for a different  
world. I believe that this is the genius of humankind, the thing that  
makes us half divine: the fact that some humans can envision a  
world that has never existed.”*

-Anne Braden



# PART 1: HEALING

In a world where there are often few moments of structured rest in the day (except actual sleep and even that can be challenging!) it is no wonder that we experience such high levels of stress, overwhelm and burnout. Furthermore, most of us carry unprocessed trauma and have adopted patterns of behavior that serve to protect us from pain. However, in creating “protection” we often shut down/off tremendous opportunities within ourselves for greater connection and healing.

In this section, ask yourself each question over and over again so that you can get to the root of the answer. Your first answer may not be enough, however your third answer will likely lead you deeper towards transformative change.

Answer each question naturally. Jot down words, phrases, sentences or even create collages, sculptures and poems out of your answers. This is your guidebook so dive in with total creativity!

First, let’s layout the nuts and bolts of how you are living your day-to-day.

*“Love is not a bridge.  
Love is a hyphen.”*

*—Bayo Akomolafe*

# Rituals of Reflection

1. *What is the pace of my life?*

2. *What is the pace of my day?*

3. *How do I respond to this pace?*

4. *When do I feel energized or creative?*

5. *When do I feel tired throughout my day?*

6. *How often do I rest?*

7. *How much of my life is scheduled? How often am I spontaneous?*

8. *What does play look like in my life?*

9. *How do I take care of myself?*

10. *What kind of creative expression am I involved in?*

11. *What do I love?*

12. *If I could do what I loved most the time, what would I do?*

List words, phrases, and examples.

13. *What is healing?*

14. *What are my healing practices?*

15. *What healing practices do I want in my life?*

16. *Based on your healing definition in 13, circle your three most important healing practices listed in questions 14 and 15. List them below, the reasons you picked them and intentional steps you can take towards incorporating them into your life.*

Healing Practice	Reason	Intentional Steps
Healing Practice	Reason	Intentional Steps
Healing Practice	Reason	Intentional Steps

List words, phrases, and examples.

17. *What is wellness?*

18. *What are my wellness practices?*

19. *What wellness practices do I want in my life?*

*Based on your wellness definition in 16, circle your three most important wellness practices listed in questions 17 and 18. List them below, the reasons you picked them and intentional steps you can take towards incorporating them into your life.*

**Wellness Practice**

**Reason**

**Intentional Steps**

**Wellness Practice**

**Reason**

**Intentional Steps**

**Wellness Practice**

**Reason**

**Intentional Steps**

*“I think it is healing behavior, to look at something so broken and see the possibility and wholeness in it.”*

*-adrienne maree brown*

possibility

*Now building on your healing and wellness practices, identify a physical object (artifact) that represents healing and wellness.*

*20. Identify at least one healing artifact and one wellness artifact (e.g. a poem, a photo, an art piece, a quote...). Use the space below to reflect on the reasons these artifacts are meaningful to you.*

**Healing Artifact**

**Meaning**

**Wellness Artifact**

**Meaning**

*Identify a common place to house these items as a reminder of your intentions to integrate more healing and wellness into your daily life.*

*21. Create a specific ritual around these artifacts (e.g. every morning I am going to recite a poem and breathe 3 times when I look at these items to remind me of integrating more healing and wellness into my life.)*

*Design your Ritual:*

22. How can I create other small daily rituals around my healing and wellness practices?

*Brainstorm small rituals you can incorporate at various points in your day.*

Morning Rituals:

Afternoon Rituals:

Evening Rituals:

23. What are healing habits that I incorporate into my life?

24. What are some habits that need healing?

25. Create a weekly healing and wellness schedule, where healing and wellness are front and center. Take out paints, markers, paper or a notebook. Create a circular, linear, or collage schedule for life.

*Make sure to include in your schedule:*

*When I feel the most energy*

*When I create*

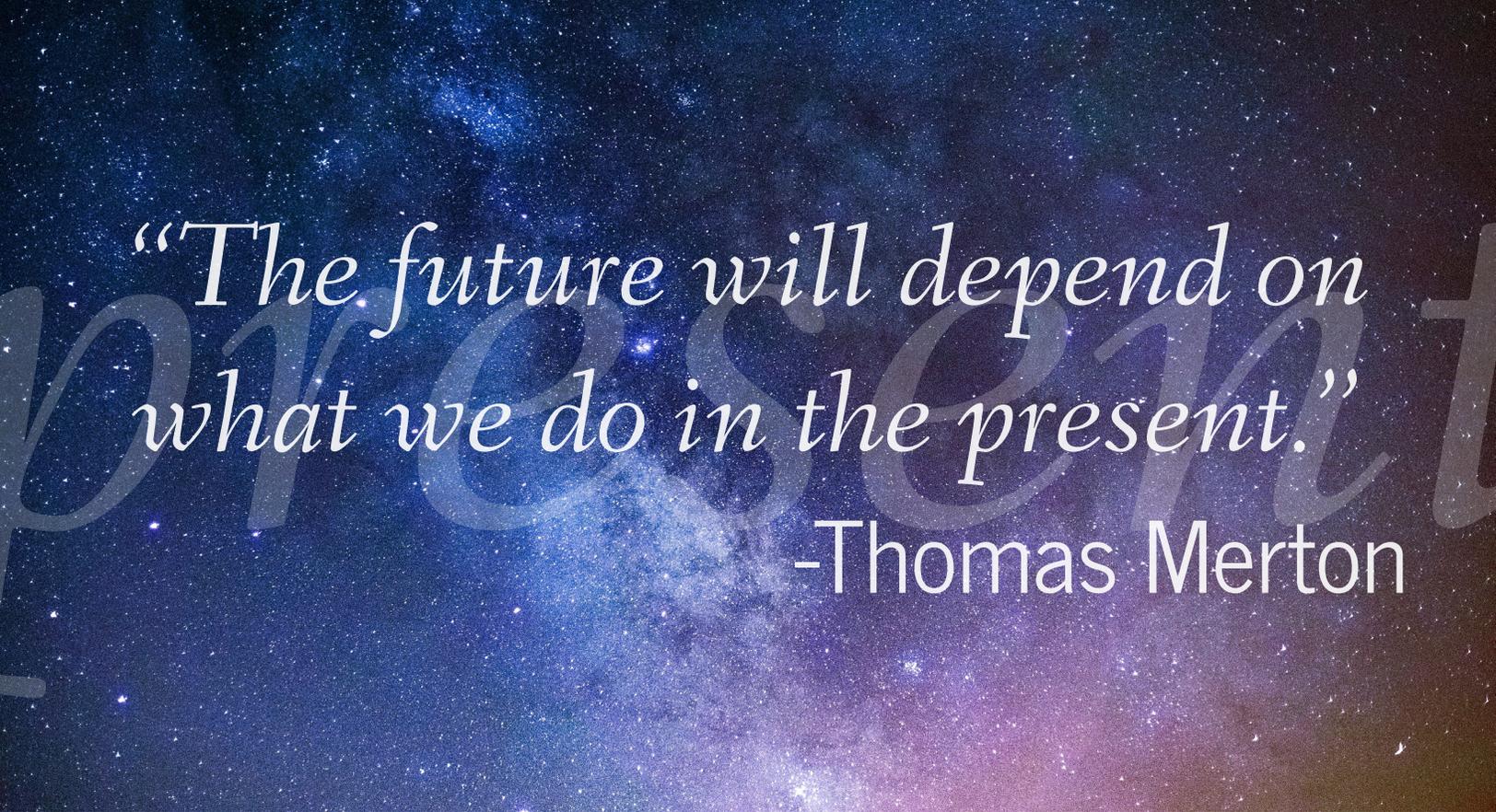
*When I rest*

*When I play*

*What I love*

*Healing and wellness practices*

*Rituals of healing and wellness*



*“The future will depend on what we do in the present.”*  
-Thomas Merton

Review these pages and give yourself gratitude and appreciation for opening yourself up to greater healing and wellness. Try your new schedule out and continue to build it into something that is reflective of how you want to live and work.

**Healing Meditations to accompany your journey:**

*Golden Serpent (8 minutes)*

*Tunneling in the Body (12 minutes)*

## PART 2: FORGIVENESS



*“An altar is a way to pay respect to our ancestors and the world around us. It reminds us that whatever we love is also within us.”*

-Thich Nhat Hanh

# Altar of Forgiveness

As you move through these questions, consider an altar as sacred space, a space of intention and reflection. If you feel uncomfortable with the word “altar,” please pick another phrase or word that you can relate to so that you can better move through this exercise with an open heart.

In the following questions, go deep by asking yourself the question over and over again. Jot down words, phrases or sentences as you work through your answers. Be creative!

*1. In what ways do I doubt myself in my life?*

*2. What are the common self-doubt voices inside of my head?*

*3. What are my reactions to self-doubt?*

*4. My top three most common self-doubt statements are:*

**Meditation/Visualization:** Now take a moment to go inside your body. Breathe slowly three times to transition into your body. Say your first common self-doubt statement. Visualize the letters that make up the words. Notice any colors or shapes. Repeat the self-doubt statement. Inquire of the statement, *Where do you come from? Are there specific events I remember? Has someone said this to me?* Repeat these questions until you can locate an origin of the self-doubt statement. Be gentle as you examine the roots of these patterns. When you are ready and able, repeat for the next two self-doubt statements.

Move out of this meditation by breathing three more times, blink your eyes open and then record your discoveries.

You can listen to a guided meditation here: [Healing Habits Meditation \(13 min\)](#)

Self-doubt statement 1

Origins

Self-doubt statement 2

Origins

Self-doubt statement 3

Origins

As much as the self-doubt voices can cloud our brains, we also carry affirmation statements within. Let's explore these.

5. *What are my strengths?*

6. *What are my talents and skills?*

7. *What are my super powers (e.g. skills or talents that are special, unique, make you feel awesome)?*

8. *What are common affirmations (encouraging words or confidences I possess based on my strengths, skills and superpowers) I say to myself?*

9. *My most common affirmation statements are:*

**Meditation/Visualization:** Now take a moment to go inside your body. Breathe slowly three times to transition into your body. Say your first common affirmation statement. Visualize the letters that make up the words. Notice any colors or shapes. Repeat the affirmation statement. Inquire of the statement, *Where do you come from? Are there specific events? Has someone said this to me?* Repeat these questions until you can locate an origin of the affirmation statement. Be gentle as you examine the roots of these patterns. When you are ready and able, repeat for the next 2 affirmation statements.

Move out of this meditation by breathing three more times, blink your eyes open and then record your discoveries.

You can listen to a guided meditation here: [Healing Meditation \(10 min\)](#)

**Affirmation statement 1**

**Origins**

**Affirmation statement 2**

**Origins**

**Affirmation statement 3**

**Origins**

Our habits and reactions have a history. Let's go a little deeper into that.

10. *What are my strong relationships (people, places, things)?*

11. *What are ones that feel challenging?*

12. *How are these relationships related to my self-doubt and affirmation statements?*

13. *Who do I need to forgive?*

14. *How do I need to forgive myself?*



*“Don’t be satisfied with stories, how things have gone with others. Unfold your own myth.”*

*-Rumi*

*15. If I were an altar what would I look like? What colors, shapes, and materials would I be made of? Where would I be located? What kind of altar do I represent? Consider drawing, painting or even assembling an altar representing me.*



The Forgiveness Altar Meditation is short but powerful. Please be mindful of your space and time. Allow for a good 30 minutes for the meditation and for easing out of the meditation. As much as possible, set up somewhere you feel safe and protected. Please use this meditation with care and caution. This is something that you can return to again and again as you need. After the meditation, drink plenty of water, drink a cup of tea or eat a nourishing meal. Expect to feel emotional afterwards.

*16. Listen to the [Altar of Forgiveness Meditation](#) (14 minutes)*

# Altar of Forgiveness

17. *What are your 3 items?*

18. *How was that surprising? How was that not surprising?*

19. *How did it feel to place the items on the altar?*

20. *What do you need to be able to forgive those who have hurt you?*

21. *What do you need to be able to forgive yourself?*

22. *Who was in your circle of support?*

23. *How can you invite them to be a larger part of your healing journey?*

Healing habits is about opening ourselves up to pain and love. In order to heal, we must be willing to travel into the places inside that are hard, to confront our fears with compassion and to cheer ourselves on in hard times. When we are able to release from our pain by moving through it, then we invite greater connection and joy. However, this is not an individual journey. We need a circle of support, healing and wellness practices, and tools to continue to tread the path towards greater whole being.

**Meditations to accompany your journey**

*Healing Habits Meditation (13 minutes)*

*Healing Meditation (10 minutes)*

*Altar of Forgiveness Meditation (14 minutes)*

## PART 3: RADICAL LOVE



*“As long as we are afraid to risk  
we cannot know love.”*

-bell hooks

# Radical Love Affirmations

Affirmations are powerful tools towards greater inner and outer connection. These exercises will lead you through a process towards creating healing affirmations for your life.

**What is an Affirmation?** It is a positive statement that focuses on the core of our yearning. For our purposes this affirmation will be a statement that is repeated frequently to strengthen feelings of inner strength, love, joy and peace.

**Meditation:** Set a timer or meditation app for ten minutes. Take a moment to close your eyes or get into a comfortable seat with a soft gaze. Breathe three times. Observe the state of your body. Observe the state of your heart. Observe the state of your mind. Now continue breathing and ask, what do I need? Continue to repeat this question over and over and again. After ten minutes blink your eyes open. Reset your timer and use pen and paper or a computer to write for ten minutes without stopping. Follow your stream of consciousness. If you get stuck, continue writing the last word of your stream of consciousness until a new word or thought arises.

You can listen to a guided meditation here, [Uncovering My Affirmation Meditation \(7 minutes\)](#)

Look over your previous guidebook pages, especially definitions around wellness and healing. With these in mind, identify one healing word from the stream writing above that encapsulates what you need.

Now let's create healing affirmations. Here's an example of how it works.

*“I have learned not to worry about love; but to honor its coming with all my heart.”*

-Alice Walker

# Affirmation Creation Example

Healing Word: **Love**

Choose from the affirmation\* statements below or create your own:

I choose

I believe

I deserve

I welcome

I desire

I am open

I breathe in

I am

I allow

Choose from the affirmation closings below or create your own:

Into my life

Today

Into my body

Into my heart

Into my spirit

Wholly

Openly

Fully

Now

Weave together your chosen affirmation, healing word and closing and write it here:

**I Deserve Love Now**

\*If these affirmation statements feel too strong for you right now, you can start off with "I think I choose..." "I think I am..." the purpose of affirmations is both the power of words, the repetition and also your belief in what you are saying. It's important to move towards more affirmative statements eventually. "I think" will only serve you for so long, however it can be a powerful place to begin!

# Healing Affirmation 1

Healing Word:

*Choose from the affirmation statements below or create your own:*

I choose

I believe

I deserve

I welcome

I desire

I am open

I breathe in

I am

I allow

*Choose from the affirmation closings below or create your own:*

Into my life

Today

Into my body

Into my heart

Into my spirit

Wholly

Openly

Fully

Now

*Weave together your chosen affirmation, healing word and closing and write it here:*

**Either repeat the meditation or ask yourself again, what do I need?**

You can also review your previous guidebook pages, especially definitions around wellness and healing. With these in mind, identify a second word from the stream writing above.

# Healing Affirmation 2

Healing Word:

*Choose from the affirmation statements below or create your own:*

I choose

I believe

I deserve

I welcome

I desire

I am open

I breathe in

I am

I allow

*Choose from the affirmation closings below or create your own:*

Into my life

Today

Into my body

Into my heart

Into my spirit

Wholly

Openly

Fully

Now

*Weave together your chosen affirmation, healing word and closing and write it here:*

**Either repeat the meditation or ask yourself again, what do I need?**

You can also review your previous guidebook pages, especially definitions around wellness and healing. With these in mind, identify a second word from the stream writing above.

# Healing Affirmation 3

Healing Word:

*Choose from the affirmation statements below or create your own:*

I choose

I believe

I deserve

I welcome

I desire

I am open

I breathe in

I am

I allow

*Choose from the affirmation closings below or create your own:*

Into my life

Today

Into my body

Into my heart

Into my spirit

Wholly

Openly

Fully

Now

*Weave together your chosen affirmation, healing word and closing and write it here:*

Add these affirmations into your healing and wellness practices. Say them in times of stress, celebration, pain, joy and when you need support. Repeat them daily. Write them down and post them in key places in your home, workplace or car. These are powerful reminders of our inner strength and truth. Affirmations can interrupt negative reactions and create healing habits in our most vulnerable times.

## Healing Meditations to accompany your journey

*Uncovering My Affirmation Meditation (7 minutes)*

*Courage Meditation (7 minutes)*

Thank you for working through A World More Beautiful. I pray this has been helpful for you on your healing journey and in your changemaking work. Please return to this, revise, add, and create new guides throughout your life.

I often am reminded that it's all a reflection. What is inside is outside. Where there is pain, liberation. Ego, freedom. Disconnection, belonging. Fear, love.

Thank you for your bravery, for your truth, for your beauty.

You are magic.

With Love and Deep Respect,

A handwritten signature in a cursive script, appearing to read "Jordana".

**\*Special thanks for testing and editing:** Amber, Harpreet, Kim, Sara and Tiffani